A collection of favorite recipes

Good eats for the holiday kitchen

Sausage Balls

1 pound hot sausage
1 pound grated sharp cheddar cheese
1 cup self-rising flour

Mix sausage, cheese and flour together. Roll into small balls (about ¾ inch in diameter). Place on baking sheet. Bake at 400° F. for about 15 minutes. Makes approximately 48 balls. To make wafers, press balls with thumb to flatten. Decrease baking time slightly. Note: May want to substitute a milder sausage.

Mistletoe Dip

⅔ cup sour cream
⅔ cup mayonnaise
1 tbsp. parsley flakes
1 tsp. worchestershire sauce
½ tsp. accent
2 tsp. seasoning salt
1 tsp. dill weed

Mix all ingredients well. Chill well and serve with carrot sticks, peppers, cauliflower buds, radishes, celery sticks or any other vegetable you like.

Cheese Ball

½ pound sharp cheese
6 small packages cream cheese (3-ounce each)
2 teaspoons worcestershire sauce
¼ cup pecans
2 teaspoons grated onion
1 teaspoon grated garlic

Grate cheese and combine with cream cheese. Add worcestershire sauce, garlic and onion. Mix. Let stand until firm. Shape in a ball and roll in pecans that have been chopped fine. Refrigerate. Take out 1 hour before serving. Serve with assortment of crackers.

Angel Flake Biscuits

1 package yeast
2 tablespoons water
2 cups buttermilk
3 tablespoons sugar
1 teaspoon salt
5 cups flour
1 tablespoon baking powder
1 teaspoon soda
¾ cup shortening

Dissolve yeast in water. Mix yeast mixture with buttermilk, sugar and salt. Set aside. Mix flour, baking powder and soda together. Cut in shortening. Add liquid ingredients. Mix lightly. **Don't knead.** Refrigerate overnight. Pinch off amount as needed. Knead, roll, cut and bake. Don't allow to rise. Bake at 450° for 10 minutes.

Frozen Cranberry Salad

1 lb. package cranberries, finely chopped
4 medium apples, finely chopped
1 small can crushed pineapple
1 cup heavy cream, whipped
½ lb. large marshmallows, cut into small pieces
1 cup chopped nuts
1½ cups sugar

Combine all ingredients in bowl, and mix well; place in square (small) plastic container with lid and freeze. When ready to serve, slice frozen and serve on lettuce with sliced turkey or ham.

Fruit Cake Cookies

1 stick butter (½ cup)
4 eggs
1 teaspoon nutmeg
1 pound candied pineapple, chopped (half red, half green)
1 pound pecans, broken
1 teaspoon vanilla
½ cup bourbon (½ cup orange juice may be substituted)
½ cup firmly packed

(Continued on page 11)

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Plan activities in advance

Keep your head during holidays

By GLEN H. MITCHELL

Holidays are joyful occasions. For many persons, however, holidays mean increased usage of tranquilizers and mental depression because the people expect too much of themselves.

There always is a temptation to expect a feeling of joy just because it is a holiday. Persons also find themselves torn between what they would like to do and what they can afford.

One way to keep the holidays in perspective is to plan your activities.

For example, plan socializing activities so that nobody is missed, but that life still is enjoyable. Invite the in-laws to a family party at your house instead of trying to visit both sides of the family.

Have a group meeting to decorate the Christmas tree and invite a lot of friends and relatives. Don't forget to invite the neighbor who has no family living nearby.

During holiday get-togethers, it may be well to cut back on expensive, prepared snack foods and beverages that have limited nutritional value. Instead, serve fresh vegetables as snack. Provide a nonalcoholic fruit juice punch. This is better than soft drinks and less expensive.

Special meals that are inexpensive can be found in cookbooks from such countries as China, Italy, Mexico or provinical France. Through centuries, these nations, which are not rich in resources, have had residents who know how to make delicious meals for less expense. The cookbooks are available in the public library.

Gift giving is an important part of the holidays, but keep it in perspective, too.

Make a list of those individuals to whom you want to give a gift. Could you substitute something that might be more meaningful and cost less?

Gifts of yourself, such as house-sitting for friends while they are out-of-town, two home permanents for mother, or five car washings for dad might mean more than an expensive gift.

Youngsters wish to participate in gift giving. It is well to make gift giving a pleasant task which will improve their consumer knowledge. Creativity can help make this a good experience, not one of debt accumulation.

Teach the youngsters to select gifts that are timely and thoughtful, such as a guide to colleges for the high school student, wool shawls and sweaters for energy-conscious individuals and thermal underwear for the woodcutters.

Give a gift of lessons to someone. Virginia Extension agents have information on such courses as furniture repair, plumbing, home repair or automobile repair. A gift of such a course to someone in the house may result in family savings for decades to come.

Show creativity and save money by imaginative decorating and gift wrapping. Don't hestitate to recycle pictures, cards and photographs, both personal and from the mass communications media.

Plan ahead for the holidays. Allow time for everyone, including yourself. Then, you can truthfully say that you had a happy and sensible holiday.

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